Good night, sleep tight : performance and EEG measures in primary insomnia patients and during sleep deprivation in health volunteers

Propositions belonging to this thesis

1. The finding that primary insomnia patients show impairment during simulated but not during on-the-road driving conditions implicates that findings collected in driving simulators do not automatically transfer to the real word (this thesis).

2. The finding that reaction time of insomnia patients increases during incongruent flanker conditions compared to other flanker conditions in the ANT, suggests that primary insomnia patients are unable to deal with conflicting information (this thesis).

3. Performance impairment of insomnia patients is most prominent during challenging tasks of long duration or increased complexity (this thesis).

4. Sleep deprivation further exacerbates Time on Task decrements during driving performance and on cortical (de)activity (this thesis).

5. Good sleep is a default state that protects individuals from sleep disturbance (Richardson, Gradisar and Pulford, 2015).

6. Insomnia is a chronic disorder that requires costly, long-term treatment. Short-term drug treatment will reduce treatment costs but increase the number of treatment failures.

7. Science thrives from imagination (Jean-Paul Delahaye and Fabrice Neyret, french scientists).

8. Sleep researchers contribute to their own work: they become insomniacs by being overexcited about their research questions.